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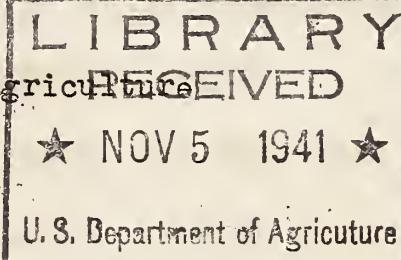
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NOVEMBER 5, 1941

WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

DINNER PAIL MEALS



"Good food and plenty of it is a basis for the strong bodies, the unfailing energy, and the steady nerves that working men and women need today as never before," says Dr. Louise Stanley, chief of the U. S. Department of Agriculture's Bureau of Home Economics.

"One of the most important, and most neglected, meals of a workingman's day is his lunch," points out Doctor Stanley. "But this need not be the case. For even when a man must carry every bite of his noon meal from home, his lunch can be complete and satisfying."

In the following paragraphs, Doctor Stanley makes some positive suggestions for nutritious carried lunches.

First of all, plan the lunch in relation to the other meals of the day. Like every normal grown-up, a workingman should have every day at least: 2 to 3 cups of milk; 1 serving of a vitamin-C rich food; 1 serving of a leafy, green, or yellow vegetable; 2 other servings of vegetables and fruits; 1 egg (or at least 3 or 4 a week); 1 serving of lean meat, poultry, or fish; 2 servings of whole-grain products or "enriched" bread; some fats; and some sweets.

More than others, however, a man who does hard physical work needs a generous supply of energy foods, foods that supply a lot of calories. To get these calories he may eat larger portions of all foods served to him. But both for economy and

better nutrition he'll emphasize the high-calorie foods that also carry minerals and vitamins. Among these are the whole-grain cereals, "enriched" breads, starchy vegetables, dried legumes, foods high in fat--such as peanuts, peanut butter, fat meats--and sugar in the form of fresh or dried fruits or natural sirups.

Since a workingman's lunch must give him enough energy and satisfaction to work hard all afternoon, it should be no little snack. It needs to contain a good third or more of the day's food. Furthermore, it needs to be appetizing and easy to eat. This calls for care in choosing what goes into the box and care in packing.

Since sandwiches are the basis of most carried lunches, work up a good list of changes--both of filling and of bread.

Meat sandwiches are great favorites with men. You can use any kind of roast meat. Slice it thinly and use several slices to a sandwich. Or mince it and season it well. Pot roasts have special savor. Liver chopped up and mixed with chopped crisp bacon is good. So is dried beef frizzled in butter. Sardines, salmon, tuna fish, mackerel--any of these make good sandwiches. But don't forget the sprinkling of lemon juice over the fish or a pickle to go alongside.

Many special luncheon meats are available over the counter or in cans. Ched to find inexpensive favorites among these. A tasty meat loaf, well-seasoned, with ground peanuts or cooked dry soybean pulp added is inexpensive and packs a lot of nourishment.

You can get a lot of variety in meat sandwiches with different seasonings. Always use salt and pepper generously. And try catsup, mustard, homemade tomato sauce, salad dressing, minced onion, horseradish, a little pickle where they can be used to advantage.

Also in the class of very filling sandwiches are those from other high-protein foods--eggs, beans, cheese, and peanut butter.

Eggs may be fried firmly and put into a sandwich with catsup, mustard, or bacon added for variety. Or cook the eggs hard in water and slice them for a sandwich filling. Or make the hard-cooked eggs into an egg salad with added dressing and chopped celery. Cheese, when available, may be sliced for the easiest of sandwich fillings. Or the kind that spreads may have numerous seasonings worked into it.

Beans, baked and spread--mashed or unmashed, with or without catsup--are tops with brown bread. Cooked dry soybeans pressed through a coarse sieve or ground in a food grinder make a flavorful and nutritious sandwich filling. Mix the soybean pulp with chopped onion, chopped celery, chopped cabbage or other greens. To make it easy to spread, add salad dressing or milk. Peanut butter is especially good with raisin bread. And it may be varied in dozens of ways by adding--grated raw carrots or chopped cabbage, catsup, jelly, honey, chopped raisins, apple, and other such tart, crisp, or juicy foods.

Have all bread in sandwiches the whole-grain or the "enriched" kinds. Cut the bread fairly thick and spread it generously. It is better if at least a day old. For variety try different breads. If you bake at home, you may want to have oatmeal bread, bread with added eggs, dried fruits, nuts once in a while. And most sandwiches are better if you use plenty of table fat when you prepare them.

Both for something crisp to add interest to the lunch and for added vitamins and minerals, include some raw fruit or vegetable in the box. This may be in the form of a raw vegetable sandwich. Chopped cabbage or grated carrot creamed in table fat are good. So are grated carrots with raisins or salted peanuts. Or add a slice of tomato, several cucumber slices, or chopped or shredded greens to the meat in a sandwich.

If you prefer, serve the raw vegetable itself. For easier eating, cut carrots into strips, cucumbers in sticks, turnips in cubes or sticks. Serve raw cabbage in wedge-shaped pieces, tomatoes whole.

Send along a raw or dried fruit everyday if it is available. This may be an apple, a banana, a handful of dried raisins. Raisins, prunes, and other dried fruit make good sandwich fillings. Chop the fruit and work it into well-creamed table fat. Dried fruits also go well in turnovers that are good to eat cold and very easy to pack.

Other miscellaneous foods that are suitable for lunch boxes are--pieces of meat that may be eaten "out-of-hand," such as cold chicken; pieces of cheese; devilled eggs; cake; pie; tarts; cookies; nut bread spread with butter or other well-flavored table fat; muffins.

A man who carries his lunch day after day will find that a box with a small thermos bottle is worth what it costs. The thermos bottle makes possible carrying foods that need to be kept hot or cold. This may be milk, soup, coffee, cocoa, hot or cold tomato juice; a mixture of half coffee, half milk that some men like. Nutrition experts highly recommend the pint of milk for lunch. For milk is particularly good as a source of much-needed calcium as well as important vitamins.

Cardinal rules for lunch preparation are these. Wrap up foods neatly. Strive for variety in every lunch, and from day to day. Rule out foods that are too moist, and unnecessary frills.

Whatever other seasonings you may neglect, don't forget the salt. Men who perspire a lot at their work lose salt--so much that sometimes they get "heat cramps." Some employers see to it that there is extra salt in the drinking water or serve it to employees in the form of sodium chloride tablets.

Final important warning is this--Be especially careful of meat and egg dishes. Be doubly careful if the lunchbox can't be kept in a fairly cool place until lunch time. Don't use meat held over for several days--or egg combinations made up far ahead of time. And keep these mixtures very cold--ice cold if possible until you're ready to put them in the box.

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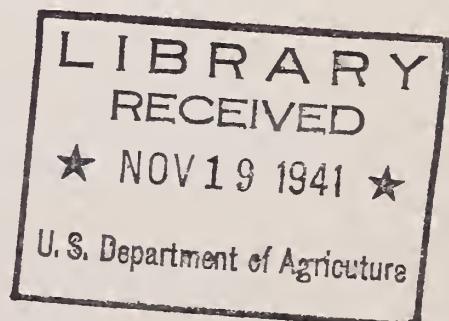
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C O R R E C T I O N

The Market Basket — "Blanket Buying" — released in advance for November 26 papers, should read "For November 19, 1941 Papers." Material may be used anytime after November 18, 1941.

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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

DRIED FOODS FOR DEFENSE

Good things come in small packages — especially if it's food that has to be stored or shipped. When space is at a premium, the smaller the form a nourishing food can take, the better.

Dried foods of all kinds are good shippers and good keepers. For that reason they are in the limelight right now, both nationally and internationally.

When the Surplus Marketing Administration of the U. S. Department of Agriculture announces its official Government purchases from time to time, dried foods have a prominent place on every list. Foods purchased through SMA are not only sent abroad under terms of the Lend-Lease Act, but they are used for school lunches in this country as well. Quantities are also distributed to public aid families in the United States -- made available to the Red Cross to help feed war refugees -- and some kept on hand for reserve.

Drying, one of the oldest methods of food preservation, becomes doubly valuable in times of emergency. For example, commercial dehydration, one of the most modern methods of food drying, got its real start during the Boer War and World War I when food had to be sent long distances and cargo space was limited.

There are several methods of drying used nowadays commercially. In all of them water is removed from food thus improving its keeping quality and lessening

the space it takes up. Sun-dried foods are dried without the use of artificial heat. Dehydrated foods are dried artificially with temperature, humidity, and air flow all carefully controlled.

Among the foods being bought through SMA are dry milk -- dried eggs -- dried fruits -- soup mixtures -- dried vegetables -- and numerous cereal products.

Dry milk is a powder that takes little shipping space. Both whole milk and skim milk are dried -- but in this country we dry many more times as much skim as whole milk. During the past quarter of a century the industry has fairly sprouted. In 1938, we were manufacturing nearly 15 times as much dry milk as we were in 1916.

Much dry skim milk has been distributed in school lunches and through relief channels during the past few years to add food value to low-cost meals. Dry skim milk has all the food value of whole milk that's below the cream line. That is, like fluid skim milk, it is an excellent and economical source of calcium, phosphorus, and riboflavin. It has protein of high nutritive value and contributes important amounts of thiamin (vitamin B₁).

One advantage of dry skim milk over fluid skim milk is that it can be used to make foods richer in nutritious milk solids without increasing their volume. By adding milk powder to the dry ingredients in breads, cakes, or cookies a lot of added food value can be worked in without increasing the liquid in the recipe. Properly stored, dry skim milk will keep without refrigeration for several weeks.

Another "protective" food often unavailable in emergency situations, is the egg. Shell eggs, naturally, are hard to ship. But dried eggs may be sent anywhere in small packages. About 10 pounds of dried whole eggs equal 30 dozen shell eggs. Until recently dried eggs have been used in this country chiefly by bakeries and other large food concerns.

Largest annual production of dried eggs up to this year was 10 million pounds. Since last June our egg-drying capacity has been stepped up to a possible production of about 150 million pounds annually to meet the needs of our armed forces, our domestic needs, and for export to Britain.

Dried eggs may be reconstituted by adding water. About 2 tablespoons of powdered or flaked whole egg and 2 tablespoons of water equals 1 whole egg. This egg may be used in most all recipes calling for eggs. As far as is known, dried eggs retain most of the food value of whole fresh eggs. When properly dried they will keep at room temperature for a year. It's a good idea, however, to keep them in a fairly cold place if possible. Naturally they have to be kept dry.

Dehydrated vegetables got a big boost during World War I. Since that time production of them has fallen off considerably. Now again, production is increasing.

Many kinds of nutritious soups prepared from mixtures of various dried foods were sent abroad to our army in World War I. During the past year, many similar mixtures have gone to war refugees abroad. Much has been done of late to improve these soups -- both from the standpoint of food value and taste. Dried skim milk, dehydrated vegetables, and soybean flour are some of the ingredients now used to add food value as well as to improve flavor. The Bureau of Home Economics, at the request of the American Red Cross, has worked out several master recipes for dried soups that are now being made up by commercial concerns. These new soup mixes are better tasting, quicker cooking, and have higher food value than such soups formerly on the market.

Dried fruits are familiar in every home -- those wrinkled prunes, apricots, raisins, peaches, pears, apples that a clever cook can turn into tempting dishes.

American homemakers have long appreciated the good flavor, food value, and economy of dried fruits -- home-dried or done up commercially. These same dried fruits make excellent foods for shipment abroad. Besides the more familiar forms of dried fruits, apples are now being sent as dried apple pomace which makes up like applesauce -- mixtures of fruit peel and pulp are being sent that can be made up with other dried fruits into marmalade by added water and a little cooking.

Other dried foods especially useful now are the nourishing standbys -- dry peas and dry beans. So is soybean flour, potato flour, and many of the grain products.

According to nutritionists, foods lose none of their calorie value in drying -- and probably none of their protein -- or their minerals. They probably lose varying amounts of vitamins depending on the food and the method of drying. Science, today, is working to find if dried foods possibly can be made more valuable than they already are -- by perfecting methods whereby the fruit retains every bit of its vitamin value.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

BUYING BLANKETS

Comes the chill winter, and many a homemaker needs a blanket or two to fill the gaps in her bedding supply.

This year, blankets--like many another household item--are reflecting the international uncertainty. Wool, fiber for making the warmest blankets, is scarce. And there is a trend toward simplification of both sizes and colors to conserve labor and materials for defense purposes. As a result, there may be a more limited variety this year from which to choose.

However, just as in other years, it's the woman who knows a good quality blanket when she sees one who comes home with the best buy. To bring homemakers up-to-date on marks of blanket quality, textile experts in the U. S. Department of Agriculture's Bureau of Home Economics give here some blanket-buying tips.

FIND THE FIBER

First of all, find the kind of fibers that have gone into a blanket. According to fiber content, there are three main types. A blanket may be all wool--part wool--or all cotton. There is considerable variety in the part-wool groups. For the other part may be cotton, rayon, or a mixture. And the part that's wool may range from 5 to 98 percent of the whole.

The more wool, the warmer the blanket--if the wool is of good quality. A part-wool blanket must be at least 25 percent wool to make much difference in its

warmth or to give the blanket any of the characteristics of a wool blanket--such as fluffiness, elasticity, ability of the blanket to absorb moisture without the blanket itself feeling damp.

According to the Wool Labeling Act now in effect, any blanket called wool or part wool must have the exact percentage stated on the label. It also must be specified whether the wool is new, reprocessed, or reused. There are good, poor, and indifferent qualities of all three.

Cotton makes a stronger blanket--wool a warmer one. When the two are combined, cotton is used in the lengthwise or warp yarns that need to be the stronger--and sometimes as a core for the filling yarns when only a small amount of wool is used. Wool or the mixed fibers are used in the crosswise or fillingwise yarns, either alone or wrapped around the cotton core. Then, in a finishing process called napping, the loose ends of the fillingwise yarns are pulled out to the surface of the blanket to give it that fluffy appearance.

Wool fluffs up better than cotton, and therefore is warmer. The still air that gets enmeshed in the fluff keeps the person under it warm. A new cotton blanket might fluff up to be almost as warm as a new wool blanket. But wool keeps this fluffiness after countless launderings--if the washings are done carefully. Cotton must be renapped after each washing.

Incidentally, many a good wool blanket has become second rate as warm bed-clothing simply because of rough handling in the laundry. Wool must be washed in warm, soft water with a mild soap. It should be handled as little as possible. And there should be no sudden changes in temperature during the washing. Hot and then cold water, strong soaps, and rubbing cause the wool to shrink and become boardy. Once a wool blanket becomes stiff, flat, and boardy nothing can restore it to its original fluffiness.

SEE HOW IT'S MADE

Hold the blanket up to the light. See if the napping is even all over. Blankets that are over-napped will have thick and thin spots. The thin spots soon wear out.

While you have the blanket up to the light, look at the underlying weave. This should be regular all over, yarns should be smooth, even, spaced regularly and close together.

Note end finishes of the blanket. Most blankets are now bound with rayon or sateen. If it is, make sure the binding is sewed on securely. Rayon bindings wear out more quickly than sateen, but they hold their color better, and show soil less. Edges on lightweight cotton blankets are usually lock-stitched. Make sure all thread ends are securely fastened.

To see that the blanket is cut straight, hold it up to the light and note whether the end is cut parallel to the crosswise threads. It should be. If there are stripes or borders, use them as guides and make sure the threads are parallel to them.

Be sure, too, that any contrasting borders, stripes, and plaids are of the same fiber and woven in the same way as the rest of the blanket. Otherwise the blanket will shrink unevenly.

SIZE AND COLOR

The size of the blanket usually is marked on the label. When you buy "bargain" blankets, though, it's a good idea to have the blanket measured for you at the store to make sure of full size. Choose a blanket long enough to tuck in at the foot yet come up well around the neck and ears. Short blankets wear out more quickly than those of ample size, because they get more tugging.

For a double bed, a ~~blanket~~ needs to be at least 72 x 84 inches. More satisfactory, of course, are the "luxury" 80 by 90's. For a single bed, 63 by 84 is about the minimum satisfactory size—and for a twin bed, the blanket needs to be at least 66 by 84.

After you decide on quality of the blanket, it matters little what color you select. But be sure to have the blanket unfolded at the store so you can look at the color all over—to make sure there is no unevenness in the shading.

INFORMATIVE LABELS

There is a trend these days towards putting more information on labels attached to the blanket. Chief value of much information on labels is that it makes it possible for the consumer to compare the various properties of different blankets in the same price range.

Some labels give breaking strength for the blanket for both the fillingwise and lengthwise yarns. For most purposes, the higher the breaking strength for the fillingwise yarns, the stronger the blanket. Blankets that are long enough in the warp for the wear they get. But napping often weakens the fillingwise yarns.

Some informative labels also tell the weight of the blanket. This may be given for the blanket as a whole or for a square yard of the fabric. The latter is the more usable information, because it makes it possible to compare the weight of blankets of different sizes. Naturally, when you are comparing blanket weights, you can compare only those with the same fiber content. For example, if two all-wool blankets are alike in size and price—but different in weight, the heavier one will give you more wool for the money. But if one of the blankets contains some fiber besides wool and the other doesn't, then you cannot compare them this way.